

Gretchen's House Child Care Centers
 Preschool and Toddler – Fall/Winter Menu 2025-2026
 Week A

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Early arrival snack</u>	Milk and Whole Grain Cereal	Milk and Whole Grain Cereal	Milk and Whole Grain Cereal	Milk and Whole Grain Cereal	Milk and Whole Grain Cereal
<u>Breakfast/AM Snack</u> (Choose 2 of 4) Milk/ Fruit/Veggie Meat/protein Whole Grains	Milk Chex and Craisens	Milk Yogurt with Berries	Milk Cheerios and Peaches/Pears	Milk Graham crackers and wow butter	Milk Cinnamon toast and bananas
<u>Lunch</u> Fluid Milk; Meat and/or Alternative; Vegetable and Fruits; Bread or Grain Equivalent	Milk Macaroni and Cheese Whole Wheat Pasta Green Beans Seasonal Fruit	Milk Turkey Tacos Whole Wheat Tortilla Beans, tomato, lettuce Mandarin Oranges	Milk Tomato Soup and Grilled Cheese Whole grain bread Cauliflower, tomato Apples	Milk Chicken Noodle Soup Whole Grain Pasta Carrots, Celery, Onion Seasonal Fruit	Milk Pumpkin Pancakes Yogurt topping Peas Bananas
<u>PM Snack</u> (Choose 2 of 4) Milk Fruit/Veggie Meat/protein Whole Grains	Water Goldfish and Thawed Peas or Blanched for Toddlers	Water Whole Grain Saltines and Cheese Slices	Water Whole Grain Ritz Crackers and Veggie Cream Cheese Spread	Water Oatmeal bars and Oranges	Water Trail Mix: Chex, Cheerios, Goldfish, dried fruit and leftover fruit

Oct. 6th, Oct. 20th, Nov 3rd, Nov.17th, Dec. 1st, Dec. 15th., Jan.5th, Jan.19th, Feb.2nd, Feb.16th, March 2nd, March 16th, March 30th

PLEASE NOTE THAT CEREAL WILL BE AVAILBLE FOR CHILDREN WITH EARLY ARRIVALS

Unsweetened Dry Cereal: Cheerios, Bran Flakes, Rice or Corn Chex, Kix, and (DO NOT SERVE: Wheaties Fuel)

Fruit: Fresh, Frozen or Canned fruit. Serve fresh fruits whenever possible

Trail Mix: A Mix of unsweetened cereals (Rice Chex, Kix, Cheerios) and Goldfish

Leftover fruits and vegetables should be served w/in 48 hours and can be added to breakfast, snacks or lunch.

Gretchen's House Child Care Centers
 Preschool and Toddler –Fall/Winter Menu 2024-2025
 Week B

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Early arrival snack</u>	Milk and Whole Grain Cereal	Milk and Whole Grain Cereal	Milk and Whole Grain Cereal	Milk and Whole Grain Cereal	Milk and Whole Grain Cereal
<u>Breakfast/AM Snack</u> (Choose 2 of 4) Milk Fruit/Veggie Meat/protein Whole Grains	Milk	Milk	Milk	Milk	Milk
	Rice Chex and Craisens	Yogurt and Pears	Bagels and cream cheese	Waffles and berries	Cheerios and Peaches
<u>Lunch</u> Fluid Milk; Meat and/or Alternative; Vegetables and Fruits; Bread or Grain Equivalent	Milk	Milk	Milk	Milk	Milk
	Baked Ziti	Chicken and Cheese Quesadillas	Chicken Stir Fry	Turkey Chili	Cheese Pizza with Hidden Vegetable Sauce
	Whole Wheat Pasta	Whole grain tortilla	Basmati Rice and Quinoa	Corn Bread	Whole wheat pita
	Cauliflower	Broccoli	Mixed Vegetables	Beans, Onion, Tomatoes	
	Applesauce	Seasonal Fruit	Pineapple	Seasonal Fruit	Bananas
<u>PM Snack</u> (Choose 2 of 4) Milk/ Fruit/Veggie Meat/protein Whole Grains	Water	Water	Water	Water	Water
	Goldfish and Thawed Peas or Blanched for Toddlers	Apples and wow butter	Graham crackers and clementine	Cheese and crackers	Trail Mix: Chex, Cheerios, and Goldfish, dried fruit and leftover fruit

Oct. 13th, Oct. 27th, Nov.10th, Nov.24th, Dec.8th, Dec. 22nd, Jan 12th., Jan. 26th Feb.9th, Feb.23rd, March 9th, March 23rd

PLEASE NOTE THAT CEREAL WILL BE AVAILBLE FOR CHILDREN WITH EARLY ARRIVALS

Unsweetened Dry Cereal: Cheerios, Bran Flakes, Rice or Corn Chex, Kix, and (DO NOT SERVE: Wheaties Fuel)

Fruit: Fresh, Frozen or Canned fruit. Serve fresh fruits whenever possible

Trail Mix: A Mix of unsweetened cereals (Rice Chex, Kix, Cheerios) and Goldfish

Leftover fruits and vegetables should be served w/in 48 hours and can be added to breakfast, snacks or lunch.